



## For People with Dementia

### DAY HEALTH CENTER

Monday through Friday, 7:30 am to 5:30 pm

A cornerstone of our services, the day health center provides a wide variety of stimulating activities for participants in a warm and home-like atmosphere. A typical day might include dance or music programming, art therapy, active games, discussion groups and trivia. Special events and trips into the community are also included. Most importantly, participants have the opportunity to develop new friendships and feel a sense of belonging.

For those in the advanced stages of Alzheimer's disease or a related dementia, our staff provides "hands on" help with personal care. Additional activities provide an emphasis on maintaining mobility and preserving the remaining skills, as well as sensory activities that help the participant stay connected to the world.

Highlights of the Day Health Center include:

- Secure and safe environment
- Staff ratio that exceeds state licensure requirements
- Structured activities on regularly scheduled days of attendance
- Highly trained, multi-lingual staff
- Health monitoring and medication management by nursing staff
- Assistance with personal care, including mealtime and incontinence care
- Individualized plan of care with goals
- Physical therapy and exercise program
- Two meals and two snacks offered daily
- Assistance with arranging low-cost transportation, if needed
- Medicaid certified, and limited financial assistance available



### EARLY STAGE

**Mind and Body Workshop - 2 hour weekly program**

This workshop is an opportunity for the diagnosed individual and a spouse or family member to meet with others in a similar situation. The program offers coping strategies, ideas for interaction, and support for participants, all the while enjoying brain games, reminiscing, and light exercise

together. The greatest benefit may be the socialization and camaraderie that develop in the group.

### Additional Programming

Our early stage programs continue to grow to meet the needs of those with dementia. Please contact us to learn more!

## For Caregivers

### EDUCATION AND TRAINING

In an effort to help support family and professional caregivers, AFDC offers a number of educational programs, both at the Center and offsite. Classes for Caregivers educate family members on a variety of topics, such as progression of the disease, behaviors, hands-on caregiving strategies, legal and financial considerations, community resources, and ways to build coping skills. All classes are free and open to the public. Respite care is also available upon request.

### SUPPORT GROUPS

Support groups offer people in similar circumstances the opportunity to share practical advice, discuss frustrations and fears, and connect with others who are on a similar journey. Several groups meet regularly at Alzheimer's Family Day Center and other locations in the county.

### CONSULTATIONS

The disease progression for each case of dementia is different, and can affect the individual, caregiver, and family in a variety of ways. Our staff is happy to meet on an individual basis to discuss the diagnosed individual's course of the disease, problem behaviors, care plans, next steps, or help with any questions you might have. We are here to help, so please don't hesitate to call, or set up a time for a consultation.

*Join our Family*

Alzheimer's Family Day Center provides programs that address the specific needs of individuals and families throughout their journey with Alzheimer's disease or a related dementia. Our failure-free programming provides opportunities for mental stimulation, physical exercise, social interaction, and organized participation in life's daily activities.

AFDC is also dedicated to supporting family caregivers through education classes, support groups, and private consultation.

# How Can You Help?

## DONATE

AFDC gladly accepts monetary donations, by check (made payable to Alzheimer's Family Day Center), or through our website at <http://alzheimersfdc.org>. Additional donation options include United Way (#8096), Combined Federal Campaign (#35282), or Commonwealth of Virginia Campaign (#8035) deductions, Monthly Giving, and more. You can learn more about these options on our website.

## DONATING ITEMS

Donating items, such as bingo prizes, watercolors and brushes, unscented wipes, or even copy paper, will help defray the cost of our services. You can view our complete "Wish List" online at <http://alzheimersfdc.org>.

## VOLUNTEERING & INTERNSHIPS

AFDC welcomes many volunteers and interns, both individuals and groups, who share their skills in a variety of ways. Volunteers can share a musical talent, assist people with mealtime, help serve lunch, bring in pets for pet therapy sessions, and more! AFDC can also serve as a site for service-learning and internships for a variety of degree programs. Volunteers and interns must be at least 16 years old to work directly with our participants, and must attend an orientation session. Volunteers can find the application on our website. Interns should contact us to learn more, or discuss specific program requirements.

## Who We Are

Alzheimer's Family Day Center (AFDC) is a non-profit organization providing a wide range of services to people with Alzheimer's disease and their families. Since 1984, AFDC has offered a safe, uplifting, and engaging environment for people with dementia and has served as a practical resource for caregivers. AFDC is the only dementia-specific adult day center in the area, and is still the only center in Northern Virginia with programs for people in the later stages of an Alzheimer's illness.

## Who We Serve

We serve individuals with Alzheimer's disease, or a similar forms of dementia. Our programs provide individuals with meaningful activity and interaction with others, and support and guidance during the day. Our participants and their families form a diverse community, and we welcome everyone, regardless of abilities, to join our family.

## What We Do

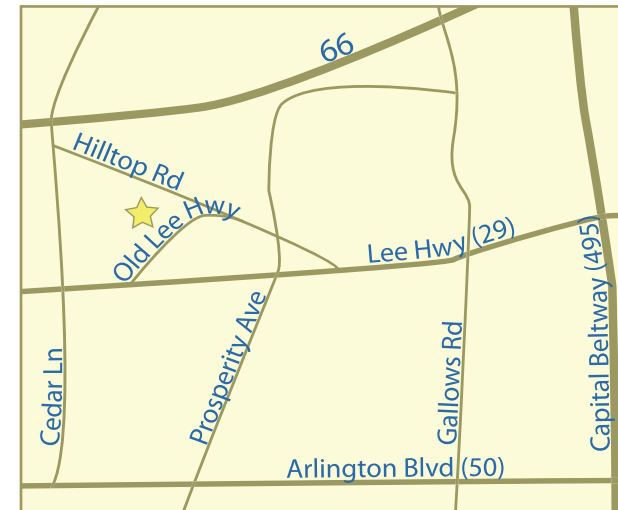
Alzheimer's Family Day Center provides an environment that focuses on people's strengths rather than on memory limitations, addressing the needs of the whole person. We use innovative approaches, providing physical therapy and Tai Chi-inspired exercises to creative art programs. The Day Health Center has been custom designed to promote a safe and uplifting environment for the participants.

## When Are We Open?

We are open from 7:30 am to 5:30 pm, Monday through Friday. You are welcome to stop by anytime, however we recommend mid-day if you are looking to tour the center. If you would like to meet for individual consultation, we recommend setting up an appointment beforehand.

## Where We Are

We are located in the Merrifield section of Fairfax, near the Merrifield Post Office, as indicated by the star on the map below.



## ALZHEIMER'S FAMILY DAY CENTER

2812 Old Lee Highway, Suite 210, Fairfax, VA 22031  
[www.alzheimersfdc.org](http://www.alzheimersfdc.org) • 703-204-4664 (phone)  
[afdc@alzheimersfdc.org](mailto:afdc@alzheimersfdc.org) • 703-204-0509 (fax)



#8096



#35282



#8035



AFDC appreciates funding received from Fairfax County Government.



 Alzheimer's  
Family Day Center

Sharing the Care ★ Spreading the Knowledge